



Welcome to December – and the countdown to Christmas

Last week we turned the calendar over and it's official: we're in the sprint to Christmas. How did 2021 fly by so quickly?! The next three weeks are going to whizz by at a time when the 'to do' list gets longer, social lives get busier and things are more hectic as the holiday season approaches.

In the midst of these demands, please keep up your routines, including exercise, or time in nature – make time for fun and try to eat healthy foods most of the time (which is tough with the Christmas treats coming out!). Importantly, though, give yourself time to rest, recharge and relax.

And, at this time of year, it's also important to remember to be kind to yourself and show kindness to other people. I know there are some big projects underway with tight deadlines and I want to acknowledge everyone going above and beyond, once again, in what has been a most challenging year.

Congratulations Canterbury – what a mammoth effort to reach 90 percent fully vaccinated

Friday was a great day in Canterbury as our vaccination numbers ticked over to show that we had reached the milestone of having 90 percent of our population fully vaccinated against COVID-19.



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What makes it even more significant is the fact that our population is made up of a mix of urban and rural communities who are geographically dispersed, so it really has been hard mahi. With pop-up clinics in rugby clubs, shearing events and places of worship to businesses, holiday parks, the Chathams and the Port of Lyttelton - we have roaming Vaka and Waka visiting individual community organisations, streets, and homes.

The vaccination teams have had some massive days - like Super Saturday, when everyone pulled out all the stops and we vaccinated 17,000 people in one day.

In all, we've given 900,000 vaccinations!

Today's official Ministry of Health data shows us at 97 percent first doses and 91 percent fully vaccinated, fully vaccinated, so we are not slowing down. With boosters now in the mix, and the reality of the Traffic Light system becoming clearer to many, our vaccination teams can expect to remain busy until the end of the year.

Our focus now is on increasing vaccination rates for our Māori population and people who are pregnant or breastfeeding - the Pfizer vaccine is safe for both these groups.

Current data shows we're at 89 percent first doses for Māori, and 77 percent fully vaccinated.

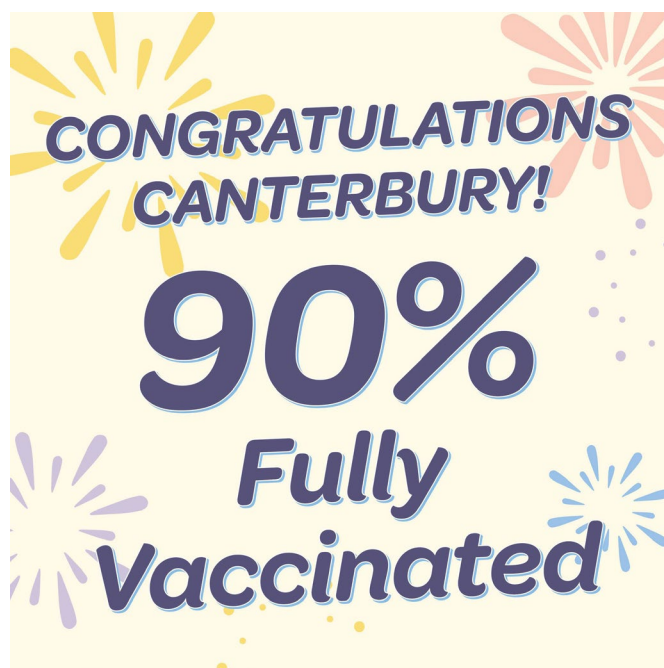
Our Pacific people are now at 94 percent for first doses and 85 percent for second doses, which is a fabulous result.

We currently have seven community cases of COVID-19 in Canterbury, and we can expect to see this increase over the coming weeks as there will be more people travelling from and through areas with much higher case numbers. With the upcoming holidays there will be more opportunity for infections to spread.

It's so important to stick to the basic hygiene habits, with the mask, scan, pass mantra, now sitting next to slip, slop, slap in the Kiwi vernacular.

Chatham Islands

Last week I had the privilege of spending some time on the Chatham Islands. Canterbury DHB has responsibility for providing health and wellbeing care and support to the local community. It was a busy trip and I learnt so much about some of the challenges for those who live full time on the islands. I timed my visit well though, as while I was there, they turned on for the first time, a new Cellular network. That has already made a huge difference for the people who live there. It also provides us with stable infrastructure which presents opportunities for us to provide services in different ways.



This is also the time to take a leaf out of the Boy Scouts' or Girl Guides' playbook, and **Be Prepared**. Be prepared to get COVID-19 - what's your plan? Who would look after the kids/pets/grandparents if you had to isolate for a couple of weeks?

Is there enough food and basic medical supplies and cleaning products in the house? Check out the information about the COVID-19 Readiness Checklist on [page 9](#).

- › If you're heading away for a break, what's your plan if you or one of your whānau catch COVID-19?
- › Are you hosting a gathering for friends and whānau? Keep a list of everyone who attends along with their contact details, or [create your own QR code](#) and ask your guests to scan in.
- › Importantly, if you're unwell please stay home. Don't let your FOMO ruin everyone's Christmas holiday break.



The Chatham Island Health Centre

We met with all the community leaders, imi, and health providers. High on the agenda of every hui was planning for an outbreak of COVID-19 on the islands. We'll be working closely with a local leadership group who will link back to our Care in the Community COVID-19 Hub.

It was fabulous to meet the team at the Health Centre – hands down that clinic wins 'the best view from a DHB facility' award! Thank you so much for your hospitality and warm welcome.



The spectacular view from the Chatham Island Health Centre

Christchurch Hospital's Neonatal Intensive Care Unit (NICU) received the first delivery of Cuddle Heart packs last week.

NICU Cuddle Hearts founder Lisa Paget was excited to bring a large supply to the hospital and present a pack to a mother and baby who are benefiting from using the hearts.

Each Cuddle Heart pack contains four fabric hearts that have been lovingly handmade by generous volunteers, then sanitised, ironed and sealed by Lisa or one of her helpers. The hearts serve to help mothers and NICU babies stay connected even when they are physically separated.

A recent call out for volunteers to sew the hearts has seen Lisa's group flooded with responses which means NICU will have a good supply of Cuddle Hearts into the future. Read more on [page 8](#).



NICU Cuddle Hearts founder Lisa Paget presents a pack of hearts to Nikita and baby Flynn

Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

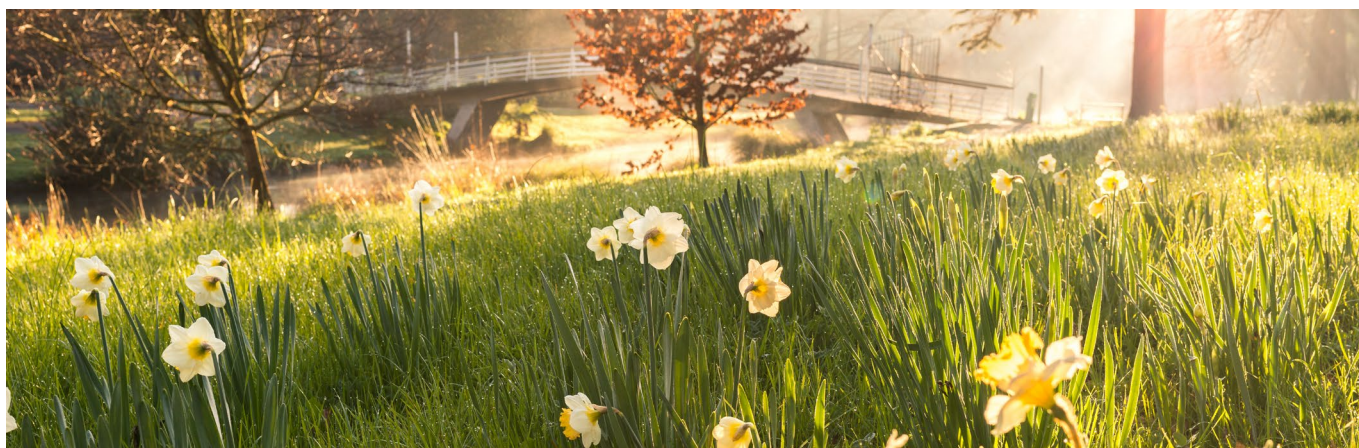
Canterbury's vaccination rollout, by the numbers:

First doses - 466,205	Second doses - 440,132
First doses - 97%	Second doses - 91%
Eligible Population 482,890	

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

Ward FG, Burwood Hospital

I want to express my sincere appreciation for the wonderful, thoughtful care that I have received from everyone – admissions staff, orderlies, WellFood staff, nurses and doctors. We have a great healthcare system in New Zealand. Many thanks again, have a great Christmas.

North Sector, Hillmorton Hospital

I'm grateful for the efforts and amazing help I have received since I have had this service in my life. Social Worker Nicole Preston has been amazing – consistent, reliable, understanding, good communication, and clear with a goal and focus on change. Thank you for all the support and the time, patience and guidance. You are all champions, including the reception staff.

Ward B4, Christchurch Hospital

One particular nurse went more than the extra mile to attend to my needs and comfort, her first name is Kennedy. I would like it to be recorded that I felt she exhibited all the qualities of her profession. She was outstanding. The other nurses also performed a good service.

Emergency Department (ED), Christchurch Hospital

I wish to thank Dr Adam Ng and the staff in ED for their excellent care during my unexpected visit. Dr Ng went above and beyond expectations with his care of me, and putting my mind at ease, with his professional and great bedside manner. Well done, many thanks.

Mary Beech, Crisis Resolution

I want to thank Registered Nurse Mary Beech for what she did for me, and her observations during my presentation to ED. I felt heard and understood, and this connection was very important when I felt so alone. I shall not forget that.

Neurology Outpatients

The doctor was very attentive and explained things in a manner I could understand.

Ruth, Ward A5, Christchurch Hospital

Thank you, Nurse Ruth for your outstanding care and kindness during my recent time in Ward A5. Very best wishes for your future.

Christchurch Hospital

The people who looked after me were so, so good – from the team who admitted me, to the anaesthetist and his trainee, my surgeon, the Recovery nurses, and the WellFood team. I was pretty apprehensive, and not going to lie, scared, about having surgery, but they reassured me and kept talking to me about everything. I'm certain the nurses all went way above and beyond with me, and I cannot thank them enough for all their care. I greatly appreciate everything that everyone did, including the orderly who saw my wife struggle to push me in the wheelchair and took over.

ED, Medical Assessment and Ward 24, Christchurch Hospital

I would like to thank all the staff who were involved in my wellbeing, both medical and non-medical, for the excellent treatment I received and the way I was fully informed about the treatment and why it was being done. I also found that many stories about hospital food were untrue – it was more than adequate.

Radiology, Burwood Hospital

The procedure was explained and performed smoothly. The follow-up was superb. The good clear handout with instructions and the check-up phone calls were much appreciated. I wish to compliment all staff involved – nurses and radiographers – for their professionalism.

Eye Outpatients, Christchurch Hospital

The staff at the Eye Clinic do such a great job. Rahul Dwivedi has a lovely manner and is a great surgeon. I feel we are lucky to have him, he has operated on my eyes and I have the greatest confidence in his skill and ability.

Medical Assessment Unit, Christchurch Hospital

I would like to compliment all the staff in the Medical Assessment Unit for their exceptional level of care, professionalism and wish them all the best. Thank you.

Ward 14, Christchurch Hospital

Lovely staff with a great sense of humour. Took great care of my mum, and always welcoming to me.

Ward 18, Christchurch Hospital

Fantastic care.

Respiratory Laboratory, Christchurch Hospital

Frist class testing. Audrey was wonderful.

Endoscopy, Gastroenterology Day Unit, Christchurch Hospital

Lovely efficient nurses. Thank you very much.

Ward 24, Christchurch Hospital

Thank you so much for the care of my mother. We appreciate all you have been able to do for her in what has been a very difficult time of transition for Mum, her husband and myself. Please accept our thanks for a job that took many hands and minds to get her to where she needs to be now. God bless you all for an amazing job which can prove challenging. You guys are awesome.

Big Shout Out

To: Registered Nurses, Specialist Mental Health Service, Grant, Maria and Kim

You can teach an old dog new tricks. I attended the Safe Practice Effective Communication (SPEC) training course at Hillmorton. It was one of the best courses I have been on – a big shout out to the instructors – Grant, Maria and Kim who were outstanding.

They were very patient with my unfailing un-coordination and my inability to know my right side from the left! I was in awe of their wisdom, stealth and ability to read the group and manage our different expectations. Legends.


From: Roxanne McKerras, Registered Nurse

#carestartshere

THREE THINGS CHECKLIST

- ♥ Something I'm grateful for
- ♥ Something I'm going to do to make myself feel good
- ♥ Someone I'm going to get in touch with today

ALL RIGHT?

 Mental Health Foundation
mauri tū, mauri era

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PĀE TĀWHITI

RoboLab “amazing result” for Canterbury Health Laboratories COVID-19 testing team

Robots are saving human hands and arms from harm in Canterbury Health Laboratories (CHL).

Over the last six months CHL has been working with local engineering company, Design Energy, and Canterbury DHB's Medical Physics and Bioengineering (MP&B) team to design and produce an automated decapping/capping robotics platform.

We needed a way to minimise repetitive strain injury (RSI) caused by repeatedly opening and closing caps on COVID-19 sample tubes submitted for testing, says General Manager Pathology and Laboratories, Kirsten Beynon.

“This is particularly important when you consider the large numbers of samples they are processing each day, as part of the COVID-19 response.”

Staff safety and wellbeing is paramount to Canterbury DHB and we do everything we can do to ensure this, she says.

After scoping solutions on the local and international market, CHL partnered with Design Energy and MP&B to design and produce an automated de-capping/capping robotics platform. The robot has mechanical arms that

unscrew sample tube caps ready for processing and replace with a new cap when processing is completed.

“It has made a huge difference to our workflow, and most importantly, has contributed to our staff wellbeing by reducing the chance of a repetitive strain and fatigue,” Kirsten says.

Medical Laboratory Scientist Julie Ann Signe-Ira says the decapper/recapper robot is a simple well-designed piece of equipment.

“Mr. and Mrs. Handsy (as we call our robot!) not only does the job but also helps address our issues with RSI. We are very thankful that we have it.”

Medical Laboratory Assistant, COVID-19 testing team Davelyn Palencia has been part of the COVID-19 Response team for a year and in that time has processed large numbers of samples, especially during a community surge which is the busiest time for the team.

“We have to uncap and recap the lids of the sample tubes and doing these tasks manually and repetitively for extended period of time can trigger RSI,” she says.



From left, Design Energy Business Development Director Paul Claridge and Design Energy Managing Director Mike Shatford

Since the robotic arm arrived it's been the star of the team's processing area.

"It never fails to amaze us. It's been very helpful in terms of minimising the risk of RSI, it saves time, and makes a huge difference to workflow, as it can decap 96 samples in just eight or nine minutes."

Davelyn says she feels honoured and grateful to be employed at CHL as the organisation really looks after the health and wellbeing of staff.

Design Energy Business Development Director Paul Claridge says they were delighted to be asked to assist.

"Developing RoboLab has been an excellent project. We have really enjoyed working closely with the Canterbury DHB team to be part of creating an innovative new robotic system that solves a pressing and serious problem."

From the first engagement everyone was committed to the project and getting it completed as soon as possible.

"A special mention goes to Jill Westgarth, Ginna Alston and Trevor Anderson who we worked with on an almost daily basis at times. They were always available, helpful and supportive and were a pleasure to work with. Having this close working relationship really made a significant difference, given there was no time to lose."



Medical Laboratory Assistant, COVID-19 testing team, Davelyn Palencia

It was great to see Canterbury DHB choose a local Christchurch company to partner with to build RoboLab. This is important as it helps grow New Zealand's manufacturing capability and create high quality jobs.

Kirsten says working with a local company meant the engineers could come and visit CHL to get a really thorough understanding of the staff needs, and the challenges they faced and what could be done to solve it, in collaboration with the technical and scientific staff in the COVID-19 testing team.

"All in all, this has been an amazing result for our team and we were really pleased to be able to work with a local company to make it happen."

all
right?

IT'S
ALL RIGHT
TO TALK
IT OUT.



Cuddle Hearts delivered to NICU

Christchurch Hospital's Neonatal Intensive Care Unit (NICU) received its first bulk delivery of Cuddle Heart packs last week.

NICU Cuddle Hearts founder Lisa Paget was excited to bring a large supply to the hospital and meet a mother and baby who are benefiting from using the hearts.

Each Cuddle Heart pack contains four fabric hearts that have been lovingly handmade by generous volunteers, then sanitised, ironed and sealed by Lisa or one of her helpers. The hearts serve to help mothers and NICU babies stay connected even when they are physically separated.

You can read all about Cuddle Hearts and Lisa's story in the [29 November CEO Update](#).



NICU Cuddle Hearts founder Lisa Paget (left) worked closely with Neonatal Physiotherapist Tiffany Hamilton to bring Cuddle Hearts to NICU

We are looking for crafty Cantabs who are prepared to sew some Cuddle Hearts for the NICU babies.

How you can help:

Lisa has partnered with the Selwyn District Council and the four district libraries to provide pick-up and drop-off boxes.

The pick-up and drop-off locations are:

- › Leeston Library – 19 Messines Street, Leeston 7632
- › Lincoln Library – 22 Gerald Street, Lincoln 7608
- › Rolleston Library – 94 Rolleston Drive, Rolleston 7612 and
- › Darfield Library – 1 South Terrace, Darfield 7510

Please only use **100 percent cotton** or **100 percent cotton winceyette fabric** for the hearts. They must not have any filling, trim, ribbon or embellishments. [The pattern is available here](#).

If you don't have fabric at hand, you can collect a copy of the pattern and some material from one of the libraries above. Note: there will be limited pick-up packs available.

Once you have completed your heart(s) they can be returned to one of the libraries or post your donation to:

Cuddle Hearts
C/o Leeston Library
19 Messines Street
Leeston, 7632

Please do not take your donated Cuddle Hearts to the hospital or NICU.



Lisa was able to give a pack of Cuddle Hearts to Nikita and her baby boy Flynn who has been in NICU for more than five weeks

Lisa and her helpers will sanitise, iron and hygienically seal the hearts for delivery to NICU.

If you are not so handy with a sewing machine, you can still support Lisa's effort with a financial contribution. Just a small donation will contribute to the purchase of more fabric and help cover the cost required to wash, iron, package and transport the Cuddle Hearts.

Kiwibank Account: NICU Cuddle Hearts - 38-9023-0396897-00

Email: nicucuddlehearts@gmail.com

Lisa's Facebook page: <https://www.facebook.com/watch/?v=312989976920695>

Is your household ready if someone gets COVID-19?

Now that we have transitioned into the COVID-19 Protection Framework and the Traffic Light system, the next step is the opening of domestic travel for people from Auckland and other 'RED' regions.

COVID-19 is present in Canterbury and there are currently a number of cases in the Nelson-Marlborough region. With 91 percent of eligible Cantabrians now fully vaccinated, the Vaccine Pass required for most retail, hospitality and events and good adherence to mask-wearing and physical distancing in place, we are well-placed to face COVID-19.

Are you and the members of your household ready if someone gets COVID-19? We are all encouraged to have a kōrero with whānau and housemates about the plan should the household have to isolate.

Under the COVID-19 Protection Framework, Care in the Community approach, people who experience mild to moderate COVID-19 symptoms will be permitted to isolate and recover at home with support from local healthcare providers.

A detailed [planner/checklist is available](#) to help you prepare with important questions for you to consider now, before COVID-19 appears again, including:

- › Do you have friends or whānau who can drop off groceries and essential supplies?
- › Does anyone in your household need additional support or care?
- › How will you potentially isolate within your household to avoid spreading the virus?

The planner/checklist provides helpful tips on what you should have in your house and the [support services available](#) for people who are isolating and recovering in their own home.

[Further information is also available here.](#)



We're self isolating Please do not enter

Our contact information:

Find out more at [Covid19.govt.nz](https://covid19.govt.nz)

Te Kāwanatanga o Aotearoa
New Zealand Government

**Unite
against
COVID-19**

Smile! Celebrating 100 years of the School Dental Service

New Zealand's health system has undergone substantial change and reform over time and our dental services are no different.

With an in-person celebration unable to take place in Canterbury this year due to COVID-19 restrictions, we're celebrating 100 years of New Zealand's School Dental Service – now known in Canterbury as the Community Dental Service.

How it all began

Over 100 years ago in 1920, the School Dental Service was founded to combat the nation's poor oral health following World War 1. Since its establishment, the service has had an influence on the lives of most Kiwis by greatly improving the oral health of our children.

The first entirely female draft of dental nurses started training in 1921 and 29 graduated two years later. Skilled in the use of the pedal-powered treadle dental drill, the graduates were sent to clinics on state school grounds throughout the country with free dental care provided to the child population of Aotearoa for the first time.

In the early years, more teeth were extracted than filled due to the poor state of oral health nationwide, and by 1929 there were 74 dental nurses working throughout Aotearoa with 25 percent of all school children receiving care.

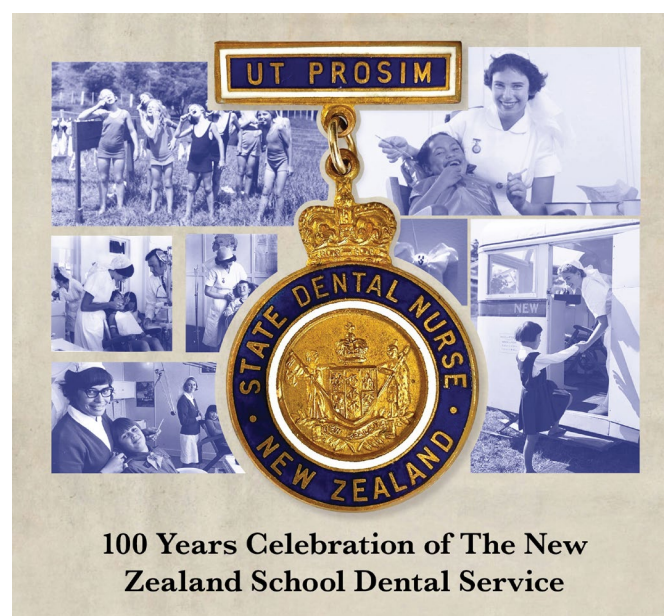
Cantabrians and former Dental Nurses Ina Drury and Clara Cox, who both graduated in the 1940s, remember learning that dental nurses of the early 1920s often travelled to isolated areas by horseback, navigating riverbeds and mountain ranges with their equipment in tow.

"These women were true pioneers of the profession," they say.

Development of Service

Despite tumultuous times throughout World War 2, throughout the 1930s, 40s and 50s, the service continued its progression. The first mobile dental clinic was introduced in 1934 to provide dental care to sparsely populated areas in Wanganui and additional mobile clinics were subsequently purchased.

By 1940, Aotearoa had 232 school dental nurses and an additional 156 undergoing training. This grew further throughout the following decade and by 1956, 1000 dental nurses were providing oral healthcare to children across the motu.



The medallion pictured was introduced in 1927 for new dental nurses to develop a sense of pride in the profession



Dental Nurses enjoying the grounds of the Christchurch training school

This service development also led to a new training school being opened in Christchurch with the first draft of dental nurse trainees starting training at the facility in 1956.

A graduate and tutor of the training school in Christchurch Margaret Clarkson, who boarded at the facility as a student, says she remembers very strict rules and early curfews on Friday and Saturday nights.

"The training was also very formal, with the first year devoted to theory and dentistry on models, with extracted teeth given to the school by dentists. The second year saw us providing oral health care to children with tutor supervision.

"This strict training equipped us with skills to use in even the most remote parts of the country. The quality of care provided by graduates was renowned throughout the world with representatives from other countries coming to view our training model," she says.

By the early 1970s the service was treating most Kiwi kids, with more than 1640 dental nurses based around the country, and the incidence of caries (tooth decay) in children's teeth had significantly reduced.

New career development pathways

Between the 1980s and early 2000s, New Zealand's health system went through significant change.

In 1989, 14 area health boards were established and the School Dental Service was provided by the individual health boards rather than the previous centralised Health Department.

A change in title from dental nurse to dental therapist came about in 1990.

Further major changes occurred throughout the 90s, until 1999 when the then Labour government established 21 district health boards which still stand today.

Canterbury Dental Therapist Heather Kirner says during the 1990s Canterbury's School Dental Service also introduced dental assistants to work alongside dental nurses.

"This model has stood the test of time, by providing another career stream in the dental industry and we still see this model operating," Heather says.

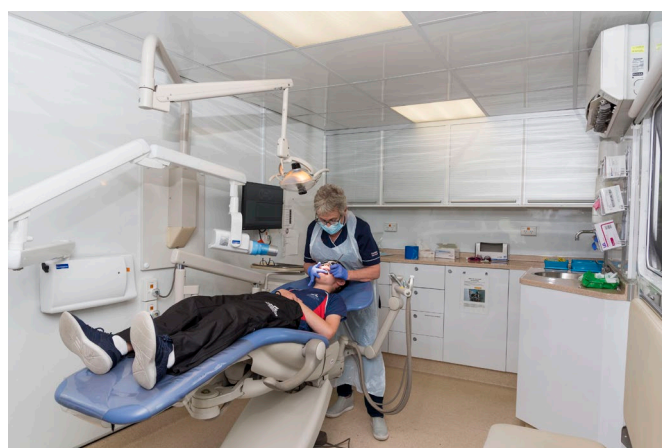
In 2001 a new three-year university degree was introduced. This later became a dual training degree for 'Oral Health Therapists' qualified to practice Dental Therapy and Hygiene in the public and private dental sectors.

Current model – Community Dental Service

Following a national review of dental services in 2004, a nationwide upgrade of community-based oral health facilities took place. Throughout Canterbury this resulted in 14 modern community-based clinics being built to provide oral health care for pre-schoolers and school-age children up to Year 8.



Inside the Christchurch training school



Christchurch Adventist School pupil Samuel Ellis has his teeth examined by Dental Therapist Pam Ferguson inside a mobile clinic last week



X-rays are able to be processed in real-time in the mobile clinics

These are complemented by mobile clinics travelling to primary and intermediate schools with the latest equipment (including digital X-rays), to examine and provide preventive care for children. Eighteen of these now operate in Canterbury with an additional four treatment mobile clinics visiting remote areas to provide a range of oral healthcare.

In Canterbury we are lucky to have a local team of dedicated clinicians and assistants who provide oral health care for approximately 98,000 children every year.

Public Health Dental Specialist Martin Lee, says since 2010 there has been a steady improvement in the oral health of Canterbury kids, with 66 percent of five-year-olds seen by the service in 2020 having no decay.

"This improvement has been driven by our model of care and the accessibility it provides, but also through what happens at home. We have a robust education programme here, with the added benefit of our mobile clinics visiting schools across the region.

"It makes me incredibly proud to look back at 100 years of the School Dental Service. The technological and service developments have been immense, and we truly have a wonderful dental service for our young people," he says.

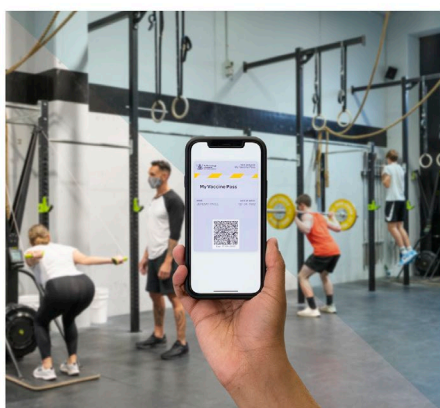
Our Community Dental Service model continues to go from strength to strength and is well positioned to provide quality oral healthcare to Canterbury children for many years to come.



Pam is happy with Samuel's teeth and he is sent back to class!



The Northcote Community Dental Clinic



Unlock the things
you love with
My Vaccine Pass

If you're fully vaccinated,
get your pass now

MyCovidRecord.nz

To Kaitiaki Take Kōwhiri
New Zealand Government

**Unite
against
COVID-19**



Mila, a Northcote Clinic patient, is ready for her dental treatment from Dental Therapist Yifat Majgaonkar (front) and Dental Assistant Jackie Plato (back)

Devoted gardener retires

Staff gathered recently to farewell much respected Head Gardener Lindsay Clement and thank him for taking such wonderful care of the grounds of The Princess Margaret Hospital (TPMH) ensuring they are always a pleasure to look at.

Lindsay has retired after 36 years in the role. He began his employment at Sunnyside Hospital in November 1985 where he was one of nine gardeners. The 20 hectares of Sunnyside Hospital land had many magnificent large flower beds, big glasshouses and an extensive vegetable garden.

Forty-five gardeners were employed by the Hospital Board at that time – now there are five. Lindsay spoke about galas that were held at Sunnyside with hay-bales, tractor rides and ice-creams.

He also talked about changes to the health board structure in the 1990s, having a zero budget, and having to generate income by charging other departments for the work they did, as well as working in the private sector, cutting lawns, landscaping and gardening.

Lindsay and his Manager Ron Hanton went on the 'Susie Sales' television programme at Canterbury Television to

promote the business.

Lindsay's gardening career started when he left school and completed a four-year apprenticeship at Cox's Nurseries. He began working at TPMH in January 1993, he was there for 10 years, then went back to Sunnyside, before returning to TPMH for the last decade.

When he was interviewed for the CEO Update in 2014 Lindsay said he enjoyed the job and took great pride in TPMH's 22-hectare grounds looking their best.

"You can't underestimate the positive influence of attractive gardens and grounds on people who visit the hospitals."

Some of the more memorable events at TPMH included snowfalls, earthquakes and a tree struck by lightning. The earthquakes were a challenging time, with construction work, brick removal and repairing of broken pipes all taking a toll on the grounds.

Lindsay is looking forward to landscaping and enjoying his new home, and holidays with his wife in their caravan together.

We wish him all the very best.



Lindsay Clement



Staff gathered to farewell Gardener Lindsay Clement (far right)

Retiring enrolled nurse a role model for patient-centred nursing

Sandy Krotik is retiring from Canterbury DHB after more than 45 years of service as an enrolled nurse.

She began her career as a trainee in Ashburton Hospital, and gained her registration in September 1975. A short time later, Sandy moved to Christchurch Hospital, initially working in the Urology ward before moving to Theatre where she has been ever since.

Sandy has seen many changes in her career, including the way Perioperative Nursing is delivered and the enormous advancement in technology and complexity of the service, says Charge Nurse Manager Barry Ayling.

"She has continuously developed her practice to meet the patient care demands of nursing in each environment from the early 20th century theatres through to the complex, technical environment of the modern suite in Waipapa."

The perioperative team value and will miss her as a strong resource for Orthopaedic Surgical Nursing. Sandy has helped develop a number of the staff within the specialty by role modelling patient-centred nursing, sharing the knowledge skills and experience she has gained over the years.

"We wish Sandy wellbeing, good health and warmth as she leaves us to enjoy her retirement on the Gold Coast of Australia," Barry says.



Sandy Krotik

IT'S THE SIMPLE
THINGS WE REMEMBER
AHAKOA HE ITI
HE POUNAMU



Alcohol and the holidays

2021 has been a pretty stressful year and with the holiday season upon us, many are looking forward to taking time out to relax, be with friends and family and enjoy some summer fun and parties.

With Christmas and New Year coming up, have you thought about the role alcohol will play in your celebrations? In New Zealand, we generally associate drinking with these events and often people feel pressure to consume alcohol, which can mean drinking more than they feel comfortable with or is safe.

You can set your own healthy alcohol consumption boundaries and be a role model for your family too.

What are the recommended guidelines for alcohol?



Tips for low-risk holiday drinking

There are several things you can do to make sure you (and others) stay within low-risk levels. These include:

- › know what a standard drink is
- › set limits for yourself and stick to them
- › start with non-alcoholic drinks and alternate with alcoholic drinks
- › drink slowly
- › have a glass of water between each alcoholic drink
- › try drinks with a lower alcohol content
- › eat before or while you are drinking
- › never drink and drive
- › be a responsible host

Is your drinking ok?

Are you curious to understand what sort of drinker you are? Or are you worried about a friend or family member and their drinking?

Take the **'Is your drinking okay?'** test to find out what your/their level of risk might be. Just complete the questionnaire

and it will automatically add up your score and tell you what it means. It's that easy!

[Click here to take the test.](#)

12 ways to celebrate the holiday season without drinking

For most people the holiday season means socialising. You may want to choose some activities to do with your family and friends where drinking isn't the main event.

Here are our suggestions to get your ideas flowing:

1. Watch your favourite Christmas movies with homemade popcorn (experiment with different flavours – there are heaps of recipes online)
2. Bake some edible gifts for your friends, neighbours and work colleagues
3. Make your own Christmas or New Year decorations
4. Volunteer at a soup kitchen or charity (or donate to a gift drive or foodbank)
5. Go for a walk in nature. Even better - take a friend, family member or your dog with you
6. Go on a photo walk in your local neighbourhood and see things through a new lens
7. Kick back with a good book – check out your local library for holiday reading lists
8. Break out the old school board games (or puzzles)
9. Start a new project – scrapbooking, photo book, herb garden, knitting
10. Pamper yourself with a home manicure, foot massage or facial
11. Hit the park or the beach with a rugby ball, cricket set, a picnic, plenty of water and sunscreen!
12. Organise a Facetime catch-up with a friend you haven't seen in a while

Need help to cut down or stop drinking?

<https://www.alcohol.org.nz/> has plenty of information, advice, research and resources to help prevent and reduce alcohol-related harm and inspire New Zealanders to make better decisions about drinking alcohol.

If you or someone you know needs support and treatment to stop drinking or cut back, call the Alcohol Drug Helpline or Māori / Pasifika line as below, visit their website <https://alcoholdrughelp.org.nz/> or free txt 8681 for free and confidential advice.

Quality and Safety Programme showcased by Maternity

Te Rā Haumaru Tūroto o Aotearoa | Canterbury DHB's Aotearoa Patient Safety Week was celebrated during 15-19 November 2021.

This year's focus was maternal and newborn safety, aligning with the World Health Organization's Global Patient Safety Day held in September 2021. In celebration on each day a maternity quality project or initiative was showcased which included key pieces of work such as the implementation of the Maternity Early Warning System, Kōrero mai (talk to me) and mental health.

Also promoted across the week, the excellent Health Quality Safety Commission's video stories [available here](#).

The maternity team held their fifth annual Maternity Quality and Safety Programme presentation morning. The hui was both face to face and by webinar, connecting an audience from across the South Island and the Canterbury maternity system including non-governmental organisations (NGOs), maternity and neonatal providers, clinicians and consumers.

The hui provided an opportunity to hear from our consumers and the Canterbury DHB Women's Health Consumer Advisory Committee. Our consumers are an essential part of the maternity team and the hui provided an opportunity to share what is happening in the community for pregnant hapū and mama, particularly around COVID-19.

The hui also showcased various projects that are underway such as the review of the Gestational Diabetes Service and a review of maternity clinical outcomes using local data from keynote speaker, O&G Consultant, Pelle Kempe from Mid Central DHB.



Maternity Quality and Safety Annual Report Hui presenters, from left, Operations Co-ordinator, Perinatal Wellbeing Canterbury Erin Manning, Maternity Quality Safety Programme Co-ordinator Sam Burke, Midwife, PhD student/Research Fellow, University of Auckland Esther Calje, Senior Medical Officer, Diabetes Niranjala Hewapathirana, Diabetes Dietician Liz Love, Executive Director Midwifery and Maternity Services Canterbury and West Coast DHBs Norma Campbell, Chair, Women's Health Consumer Advisory Council Jen Coster, Clinical Director Obstetrics and Gynaecology Emma Jackson, and Specialist Obstetrician, Mid Central DHB Per (Pelle) Kempe



Have you scanned in today?

Everyone, including all DHB staff, should scan in at work every day using the **COVID-19 Tracer App**.

Unite
against
COVID-19



One minute with... Elsa Parker, Section Head, Genetics Laboratory

What does your job involve?

I am responsible for managing the daily operations of a team of 27 staff who provide a genetic and genomic testing service for local, national and international referrers and their patients. Genomics is the study of a person's genes (the genome), including the interactions of those genes with each other and with the person's environment.

Why did you choose to work in this field?

Following completion of an Honours degree in Genetics at Glasgow University, I attained an MSc in Medical Genetics and was fortunate to get a placement in Scotland as a trainee clinical scientist in cytogenetics (the study of chromosomes). My current role also includes molecular genetics, which is searching a person's genetic code for changes from a reference sequence. The aim is to find a change that provides an answer to the clinical question. Genetic testing is like playing 'Spot the Difference' or 'Where's Wally?' – which is a good fit for me as I enjoy puzzles and problem solving.

What do you like about it?

It is so varied and fast paced. I have a list of things I should be working on and I try to focus on them around the constant interruptions and meetings that are at the core of my role. Issues frequently arise, and it is up to me to keep the team operating so that patient results are complete, accurate and issued as quickly as possible.

What are the challenging bits?

Where do I start?! Keeping pace with developments and maintaining a flexible workforce on a fixed budget; multiple referrers and client groups to manage; and managing patient and referrer expectations (which can be a challenge as testing pathways are often complex). Also, public perception of how and what we do can be quite different from the reality on the ground. The 'CSI Crime Scene Investigation' television series has a lot to answer for!

Who inspires you and why?

My family, my friends, my colleagues. I choose to be around people who inspire me to keep going and seek out the positive in life. Inspiration is there if you take the time to look for the best in others.

What's your favourite food?

Mediterranean – always tastes like sunshine.



What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

Treating everyone as I would like to be treated and managing every query or sample as if it came from a loved one.

Something you won't find on my LinkedIn profile is...

When I was a teenager I wanted to be a housewife and a mother of four.

If you could be anywhere in the world right now it would be...

At my parent's house in Scotland. Just visiting.

What do you do on a typical Sunday?

I like to keep plans to a minimum and do some gentle exercise, like a long walk or maybe some yoga. My husband likes to go out driving, so we will have lunch or a coffee while out. It's a day for relaxation and spending time with family.

And your favourite music?

It depends on my mood and what I am doing. I currently cross-train to an up-beat mix including The Chemical Brothers, Bowie and Moloko. I might chill out listening to Morcheeba, Air or Faithless. . My previous life in Europe provided opportunities to attend a wide variety of music events which has left me with an eclectic taste in music.

Something For You

Something for You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



OPSM

OPSM

Get 15 percent off all prescription eyewear, please see more information here. Offer ends 31/12/21. Promotional code must be presented at time of appointment and ordering.



Burgerfuel Hereford Street and Papanui Road

Receive free spud fries with BurgerFuel Aioli when you purchase any large gourmet burger. Show your Canterbury DHB ID instore to redeem.



Ferrymead Heritage Park 50 Ferrymead Park Drive, Heathcote

One free admission with every full priced admission purchased. Show your Canterbury DHB ID to redeem.

Packrafting Queenstown - 142b Fernhill Road, Queenstown

Get 30 percent off any of the guided adventures or courses - show your Canterbury DHB ID to redeem.



Adventure South NZ

Get \$200 off any cycling tour listed on the Adventure South NZ website and free standard bike hire (valued at \$180). Quote Canterbury DHB when enquiring.

Improving together | Improvers Mental Health and Addiction 2022, sponsorship opportunity

The Health Quality & Safety Commission is sponsoring 50 places on a four-month Improving together | Improvers Mental health and addiction programme commencing 22 February 2022. Registration is free.

The programme aims to provide participants with a basic knowledge of quality improvement and safety science, and an understanding of simple quality and safety tools.

It has been developed specifically for the mental health and addiction sector, including consumers and providers.

This programme is open to anyone working in mental health services either in district health board or non-governmental organisation settings, as well as lived experience, cultural and whānau advisors.

The programme will be delivered in nine online sessions via Zoom (11.00am - 1.00pm). Please see the attached flyer, which has more information and the link to register. Registrations are open until 21 January 2022, or until places are filled.

Please contact learning.capability@hqsc.govt.nz with any questions about the programme or register

Patricia
Ara Pacific Advisory
Group chair

GET READY to mentor

Equip yourself to enhance professional practice and accountability with the Postgraduate Certificate in Professional Supervision, starting at Ara in February.

On this one-year, part-time programme you'll learn how to supervise your peers to manage and ensure critical reflection, compliance, risk minimisation and service delivery.

Explore this professional development opportunity and apply today at ara.ac.nz



✦ Christmas Gift Drive for Ranui ✦

Ranui provide a home away from home for young people & their whānau who are undergoing lifesaving treatment for cancer, accidents, and life-threatening illnesses

Help the CDHB Youth Advisory Council spread some christmas cheer by donating gifts directly for these young people & their whānau who are there this christmas.

Donations could include books, puzzles, games, food such as crackers, chips, toiletries, distraction toys/items etc.

Items must be brand new and donated by Sunday 19th December

Items can be dropped off to Nicola Scott in
Paediatrics Outpatients, Lower Ground
Floor, Chch Hospital

If you have any questions, please contact
us at cdhbyouth@gmail.com



CDHB invites Christchurch Campus Staff to enjoy a free

Christmas Meal

Wednesday 8 December 2021

Lunch 11.00 am – 1.30 pm
Dinner 4.00 pm – 7.30 pm

The Great Escape Cafe

Please bring your ID.

See the daily staff email for more details and updates
or contact maree.millar@cdhb.health.nz



Main

Cold Glazed Champagne Ham with pineapple sauce; or
Chicken with cranberry jelly; or Vegan Corn Rosti

Served with:

Kiwi Potato Salad, Beetroot Carrot Mint Salad, Kumara Broccoli Quinoa
Salad and Classic Green Salad. Served with a selection of breads.

Dessert

Fresh fruit salad and Classic Trifle

Holiday publication dates and deadlines for the CEO Update

The last CEO Update for 2020 will be a Christmas special, to be published on Monday 20 December, with a deadline of midday on Thursday 17 December.

Please send in your Christmas-themed photos – whether it's decorations, a tree, a festive team outing or activity. Share the love and help us spread some Christmas cheer.

The first issue for 2021 will be published on Monday 24 January. Feel free to share some holiday snaps to show how you made the most of some time off work.

Photos and stories should be sent to
communications@cdhb.health.nz.

